Hatha yoga postures: integral part of life

by Martha Millard

"A body of perfect health and strength, Mind with all clarity, calmness and control, Intellect sharp as a razor, Will of steel, heart full of love and mercy a life dedicated to the common welfare and realization of the True Self." This is the goal of integral yoga, and any interested people from the Drew community are invited and encouraged to learn yoga and experience some of its many benefits at 354 Madison Avenue, Madison.

This reporter spoke to Margo and Gred from the New Jersey Integral Yoga Institute who are two of a group of people involved in yoga who have rented a house in Madison.

They will be holding daily classes in hatha yoga, the yoga of the physical postures. There will also be taped lectures on Friday night concerned with Raja yoga, which is the yoga of intellectual control.

Among the other activities of the group is teaching yoga classes at the Teaneck and Rutherford campuses of Fairleigh-Dickenson. Students in these courses receive one credit for their study. The group is also involved in community service projects and drug rehabilitation.

When asked to comment on why he felt yoga could be valuable for people today, Margo elaborated on the previously stated goal of integral yoga by saying "you can relate to yoga physically, spiritually, emotionally." This makes it, as far as he is concerned, an integral part of life.

Greg and Margo said that they would like to set up a demonstration and lecture at Drew to familiarize people with the basic principles of the discipline of yoga.

The courses and lectures given by the yoga community, known as Ashram, are done without payment. They receive money through donations. They do not believe in bank accounts, or physical property of any kind.

The community leads a very disciplined life. All eight members, who are all teachers, are vegetarians. The group grows most of their own food, and they bake their own bread.

Meditation is an important aspect of yoga. It involves a slowing down of the thought processes. "It makes you able to attain a higher level of consciousness which is beyond both the physical and mental states," according to Margo. The ultimate goal is an increased awareness, a feeling of being "one with the universe." It is similar to the idea of Nirvana.

Classes in this discipline of the body and mind are held at the group's house in Madison, which is located near St. Elizabeth's College. They are open to the public on this schedule: Monday, 4 p.m., beginners, 7 p.m., intermediate; Tuesday 4-7 p.m., beginners, Thursday 7:30 p.m., beginners, Friday 4 p.m., beginners, 7:30 p.m., a taped lecture, Saturday 4 p.m. beginners, 7:30 p.m. taped lectures. The community would appreciate a contribution of one dollar per lesson.

Plans for the future include nutrition classes and a cooking class. Anyone who desires more information about yoga is encouraged to contact the group at 267-3199.

Communications Board allocates monies

In Tuesday's meeting, the Communications Board allocated its funds to each of the four media in its jurisdiction. The allocations came only after considerable debate about the future of the media itself and a Media Interest Poll taken Sunday and Monday.

The allocations went as follows: Literary magazine (PORTFOLIO)---- $800; Newspaper (ACORN)---- $9810; Radio Station (WERD)---- $3000; Yearbook (OAK LEAVES)---- $8737. Only the radio station and the yearbook received raises in funds by amounts of $1300 and $37, respectively. The newspaper's budget remained the same but the literary magazine's budget was cut to $600.

The poll indicated that students preferred the ACORN the most; yearbook, radio station and literary magazine followed in that order. Students also indicated that if funds had to be cut off to any of the media the reverse order of the preferences was indicated, that is beginning with the literary magazine. Approximately 200 students (of an estimated 800) responded to the poll.

PORTFOLIO, which received a large chop, will become incorporated with the newspaper. This incorporation means that the literary magazine will utilize the resources at the newpaper's printer and thus will be able to publish at least two good-size efforts. Although the magazine will not appear on glossy paper nor will the type be as fancy, members of Communications Board felt that "the literary efforts would not suffer from a lack of fancy trimmings." It was also felt that PORTFOLIO, as a supplement to the newspaper, would gain greater readership and more participation.

The radio station, which has been consistently falling into debt, hopes to stem that drop with the larger allocation. Communications Board gave more funds to WERD because it believed that the station could not function without the extra money. The station may still be required to petition the Extra-Curricular Activities Committee for more money but will have a better start.

Communications Board is expected to approve editors at next week's meeting. At press time the newspaper and the radio station will announce their change. There will also be changeovers in the literary magazine's editorship.

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